

# GOODWIN LIFE



GOODWIN  
THE BETTER LIFE CHOICE

SUMMER | 2018

The Central  
wins HIA Award

Goodwin  
residents  
outperform  
at YMCA  
seniors' games

Prime  
Minister  
visits  
Goodwin

Residents' fetes raise \$10,000

## CEO address

Welcome to the December 2018 edition of Goodwin Life. I hope you are in great spirits and all geared for the holiday season.

It has been a momentous last quarter marked by positive developments on many fronts. You will be proud to know that our builder Manteena won the HIA Award for The Central in the "Specialised Housing" category. Many congratulations to all involved for this great win. Another great honour this season was to host The Prime Minister of Australia, The Honourable Scott Morrison, who joined our residents for a morning tea at Monash, and gave them the good news of new funding for aged care reform.

The good news continued to pour in, as our Monash and Ainslie residents stole the show at the YMCA Senior Sports Carnival. Congratulations to them and our Activities team for an outstanding performance. We mustn't forget here the role of our Wellness Centre team whose behind-the-scenes support keeps our residents active and healthy. The podiatrist is a key member of that team, and in this edition, we feature a special interview with Laura, who shares her tips and tricks for healthy feet.

With Christmas just around the corner, the fetes and festivities are in full swing. Our Monash residents raised \$5,089.65 for the Pegasus Riding School, and prior to that, our residents and



staff across our villages held charity lunches to raise money for a hay bale truck for drought stricken farmers in southern regional NSW. Read all this and much more in the December 2018 edition of Goodwin Life.

With this, I wish you all an enjoyable festive season, and safe and happy travels. Here's to an incredible 2019!

**Sue Levy**  
Chief Executive Officer

Cover image: The Central residents (from left) Judy Aitkin, Estelle McArthur, Norma Hudson, Yvonne Liddy, Brian Ware, Phyllis Ware, Bev Moore, Maria Woodyard and John Woodyard at a Parma for a Farmer lunch

## Staff moves and new appointments

As always, Goodwin welcomed several new staff members to its corporate, community and residential teams this quarter. Among some of the notable faces you are likely to come across are:

- Grace Bensley, Concierge, Goodwin House, Ainslie
- Dharmi Desai, Physiotherapist, Goodwin House, Ainslie
- Deborah Eivers, Village Manager, Farrer
- Laura Khuu, Podiatrist, Health and Wellness Centre, Monash
- Simone Griffith, Café Attendant, Monash
- Stevie Perrin, Activities Officer, David Harper House, Monash

In addition, a new role of Hospitality and Customer Services Manager has been created to further enhance our customer centric approach, supervision, and development of quality of innovation in our services. John Penca, who was previously Manager Operations Residential, Monash, will be taking over that role.

# Prime Minister visits Goodwin

The Prime Minister of Australia, Scott Morrison, accompanied by Minister for Health, Greg Hunt, and Minister for Aged Care and Indigenous Health, Ken Wyatt, visited Goodwin Monash on 12 September 2018, and joined our residents for a morning tea at David Harper House. The Prime Minister expressed confidence in Goodwin's services, and took the opportunity to announce a \$106 million package for establishing an Aged Care Commissioner that will ensure a uniform standard of aged care across the sector.



## New Health and Wellness Centre at Crace... coming soon!

Good news for north-side seniors! Goodwin is all set to launch its brand new Health and Wellness Centre at The Central in early 2019. The centre will be a one-stop shop for a wide range of wellness services through our in-house team of specialists, including a GP, physiotherapist, dietitian, podiatrist, nurse practitioner and massage therapist. In addition, it features a Health Club, which is tailor-designed with senior fitness in mind. We've brought in specialised training equipment, such as the HUR fitness machine, which uses smooth air-resistance technology for safer and smarter workouts.



The centre will be open to all Goodwin clients, including The Central residents. If you're on the CHSP/ACAT waiting list, or have an approved home care package, sign up with us to avail these fantastic services. For more information, call 02-6175 5668 or email [goodwinwellness@goodwin.org.au](mailto:goodwinwellness@goodwin.org.au)



## The Central wins HIA Award for "Specialised Housing"

The Central by Goodwin, developed by Manteena, has won the Housing Industry Association (HIA) Award in the "Specialised Housing" category for ACT and Southern NSW. The award recognises our innovative retirement living precinct in Crace, which offers residents access to high quality services and a range of accommodation options. Congratulations to our all residents and staff for this great win!

# Melbourne Cup 2018 at Goodwin

Australia came to a standstill at 3pm on 6 November, and so did Goodwin, as residents and staff across our villages joined in the action of the country's biggest social and sporting event, the Melbourne Cup.

It was a festive day marked by special events across our different sites, featuring drinks, nibbles, special lunches and sweeps, to emulate the racetrack spirit. A fun

equestrian theme was the dress code of the day, as everyone pulled off their finest wares and cheered for their favourite horses.

Stevie Perrin, Activities Officer Monash, said, "It was great seeing everyone soak in the festive spirit of Melbourne Cup. The sweeps were popular, and we discovered some new fashion icons on the day!"



All set for the action.



Volunteer Linda Crouch with Christine Stevens.

# Goodwin residents outperform at seniors' games

Congratulations to our Monash and Ainslie residents for their outstanding performance at the YMCA Senior Sports Carnival 2018! Monash came second overall, while Ainslie clinched second position in javelin. Over 200 residents from aged care villages across Canberra participated in the games.

The Senior Sports Carnival has been running since 2002 with the aim to promote health and wellbeing among Canberra's senior citizens, as well as to uplift their physical skills, self-esteem, and engagement within the community. It consists of various sporting events, modified to the ability and mobility needs of seniors.

Wendy Swan, Activities Officer Ainslie, said, "All the hard work and efforts at training paid off for us at the event. We all really had a memorable time".



Larry Larmour, Marco Falzarano and David McConnell with their medals.

# Meet Laura Khuu: Podiatrist, Monash Health and Wellness Centre

Helping our clients stay active and independent is one of our top priorities at Goodwin. We met up with Laura Khuu, who has recently joined our Monash Health and Wellness Centre as a podiatrist, to understand more about her role, and the difference she makes in the lives of her clients.

## Tell us about yourself and your role at Goodwin.

I was born and raised in Melbourne, where I did my Masters in Podiatric Practice. I recently moved to Canberra a month ago after joining Goodwin as an in-house podiatrist at the Monash Health and Wellness Centre. This is my first job within aged care and I'm really enjoying it. I work with our seniors to ensure they have good feet to help them stay active and independent. My clients are like walking history books, never shy to share their inspiring stories. It's a great opportunity to connect with them, learn from them and work with them to stay independent.

## Why was there a need for in-house podiatric services and how will they benefit our clients?

With an in-house podiatry team at the Monash Health and Wellness Centre, clients now have easier access to podiatric services within their own community. It allows them ongoing monitoring and treatment with a podiatrist they are familiar with. We provide them one-stop foot and nail care, to ensure good hygiene for prevention and treatment of basic foot health issues, such as in-grown nails, corns, and calluses. We diagnose foot and ankle conditions by looking at the way they walk, and investigating outlying causes (such as diabetes or arthritis) that could potentially affect their foot health. We also work closely with our nurses to provide wound care and management, if needed.



## How important is it to have regular check-ups with a podiatrist?

Regular podiatric check-ups are crucial, especially for seniors, to monitor any changes to feet that could potentially exacerbate into serious injuries, or even disability. Most of the time, it's simple things, such as untrimmed toe nails (because the client couldn't reach their feet, or due to impaired vision) worsening into in-grown nails, causing skin tears and possible infections. Regular check-ups with a podiatrist can help prevent that.

## Can you share some tips with our seniors for healthy feet?

I would suggest, start with good hygiene. It's a quick fix to most foot and ankle problems. Footwear selection is also crucial. Not wearing the right shoes puts unnecessary pressure on feet, and affects balance. It is also useful to regularly check inside shoes to ensure there are no foreign objects, such as pebbles or nails, that could potentially cause skin tears and infections.

## Laura's 3 magic home remedies:

1. When showering, make sure to wash and dry thoroughly between the toes. It reduces maceration, which is skin breakdown because of excess moisture.
2. Use compression stockings. You might not like them initially, but they're really useful in helping improve blood circulation, which leads to faster healing.
3. Use the RICE method if you're experiencing discomfort or swelling: R for Rest, I for Ice, C for Compression and E for Elevation of the legs.

## 'First served' in Braidwood

Goodwin joined hands with the Queanbeyan-Palerang Regional Council (QPRC) to support a local community event in Braidwood aimed at promoting women's health.

Titled 'First Served', the event was a celebration of women whom the community considered role models, who deserve to put themselves first. The nominated women were invited to Braidwood Theatre on 3 September 2018 for a special luncheon. They were presented beautifully-designed hampers, sponsored by the event partners. Goodwin's hamper went to Jenny Daniher, who was nominated by her 17-year-old son. It was a fitting way to thank all the women, and reward them for the selfless role they play in shaping the community's overall wellbeing.

Leanne Thompson, Community Liaison Manager, Goodwin, said, "It was inspiring to be part of this initiative. It was a great way to

connect to the local community in Braidwood as we are a new service in the region with our home care for older women and men".



Jenny Daniher with her Goodwin hamper.

## Goodwin at the Murrumbateman Field Days

It was an eventful weekend marked by stormy weather and some exemplary community spirit, as Goodwin participated in the Murrumbateman Field Days, the flagship event for the Yass Valley. With the expansion of our home care services to regional NSW, the event provided an excellent platform to reach out and connect with the local community.

We got a decent number of visitors to our stall before it started raining. And it didn't just rain, it poured! So much so, that our marquee threatened to cave in. Our staff members came to the rescue, and supported by fellow exhibitors from neighbouring stalls, they managed to fix the tent. It was heartening to witness the community spirit, and we thank everyone who helped us.

Despite the bad weather, the Murrumbateman Field Days were an event to remember. The thunderstorms may have affected the turnout, but they surely didn't dampen our spirit. We can't wait to be back there again, next year!



Goodwin staff, Fiona, Leanne and Emily, held up the tent to save the day!

## Parma for a Farmer

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Goodwin residents and employees have raised \$4,100 to support farmers in our local regional NSW, with Parma for a Farmer lunches at our retirement living villages in Ainslie, Monash and Crace.

For every chicken parmigiana sold, Goodwin contributed \$5 to Buy a Bale, an organisation that supports farmers and rural communities across Australia.

Enthusiasm to support this cause was overwhelming, and employees and residents flocked the cafes and dining areas to grab a bite of the delectable lunches lovingly prepared by our staff. The events collectively raised over \$4,100, which was donated to send trucks of hay and other essential items to help farmers feed their livestock.

With Goodwin home care services now a part of our local NSW communities in the Yass/ Murrumbateman and Queanbeyan-Palerang areas, this cause was extra dear to our hearts this year.

Stephen Holmes, Chief Operating Officer, Goodwin, said, "On behalf of Goodwin (and no doubt Australia's rural community), thank you to all those who participated in the fundraising activity".



Mary Cummins and her friend enjoying a Parma for a Farma lunch.

## Residents' fetes raise \$10,000 for the year

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Monash residents broke their own record this year for the highest funds raised for charities. The Christmas fete held on 10 November, helped raise \$5089.65, to take the grand total for the year just past \$10,000.

The turnout was terrific, and the residents managed to sell all the cakes, jams, and majority of the crafts they had on display. The proceeds went to the Pegasus Riding School that provides horse riding and farm activities for people with disabilities. All unsold items were donated to Ronald McDonald House, Canberra Hospital, and other charity groups.

## Social pages



The Central residents hosted an open-for-all Happy Hour for seniors to come and experience a taste of retirement living. Above: Claire Lewis and Chris Johnson.



Above: Crace day-clubbers had a ball of a time making mandalas with art therapist, Jacque Schumann.



Above: Ainslie residents, Heidi Steinebronn and Lloyd Holden, celebrating Halloween in spooktacular style with kids at the ANU Preschool and Childcare Centre.

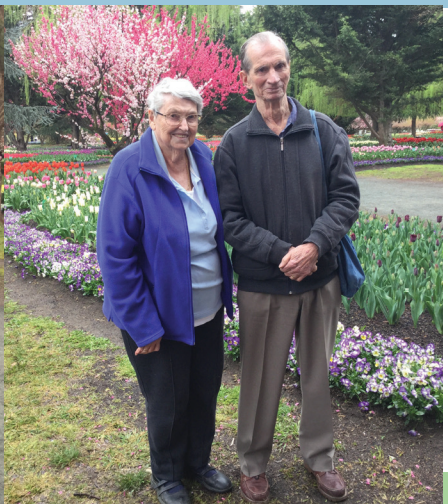


Residents and staff bid farewell to Farrer in an emotional lunch. Above left: Resident, Ivy Drew, holding her great granddaughter with her daughter, Wendy, sitting next. Above right: Staff member Marlene Harris with resident, Stella Battenberg.





Above: Residents joined us in paying respects to our fallen war heroes on Remembrance Day.



Above: Ainslie residents enjoyed the sun and a lovely lunch in quaint old Collector.

Lovely bunch from Ainslie in full bloom at Tulip Tops. Top left: Edythe Badinszky, Trish Read, Joan Mallory, Jann Richards & Beth Cameron. Top right: Joan & Ian Mackay. Above: Meg Daly & Alison Hancock.

# Staff Appreciation Day

Goodwin's inaugural Staff Appreciation Day on 13 September has left us overwhelmed and deeply touched by the huge number of 'thank you' messages received from our clients, residents and co-workers. It was a unique celebration to thank our people for their efforts in a truly special way.

In build-up to the day, we had asked our customers and colleagues to share their personal messages for our staff. The response was far greater than expected, and we received hundreds of messages via SMS and Facebook, and special handwritten notes posted on 'thank you' trees inside each of our facilities. Some customers even sent us their photos with their carers, with a 'thank you' note, which made the day even more special for them.

It was a day full of surprises and great memories. Special lunches were organised, followed by fun activities, where people mingled with colleagues from other departments. There were gifts and games, among other treats. Even our CEO, Sue Levy, joined in the fun!

Earlier in the day, selected staff were chauffeured to work and back by their

area executives in luxury cars, especially loaned for the event by our partners, Toyota Canberra. But the highlight of the day was when four staff members unwrapped their gift chocolates to get the shock of their lives. They had won Golden Tickets for a free hot air balloon ride over Canberra!



"I will never forget this day!", said Ani, from our catering team at Ainslie, who was chauffeured to work by her area executive.



## Upcoming events

Call us or visit our website for more details on our events:

**January 4** – open house, Goodwin House, Ainslie

**January 9** – open house, David Harper House, Monash

**January 16** – open house, Ralph Cartwright Centre, Monash



## Six useful tips to avoid weight gain this festive season

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For most, Christmas get-togethers are a time to splurge. Here are some tips for a more healthy, yet indulgent festive season:

### Get working out from now

Start a rigorous exercise regimen in the build-up to the season. This will give you a head start in burning your calories even before you consume them.

### A litre of water before the party

Those yummy festive nibbles and treats are hard to resist. Down a litre of water before you devour those delights. You'll feel less hungry, and will only eat what you really have to.

### Avoid grazing

It's natural to want to sample the entire spread, but think of the excess calories you're raking up. Look around the table, choose a few foods that appeal to you the most and enjoy them in moderation.

### Two courses are enough

An easy way of preventing calorie overload is to limit yourself to one to two courses, for example entrée and a main, main and a side salad, or main and a dessert.

### Watch out for the carbs

Of course, it's festive season, and it's impossible to avoid them entirely. But it helps to keep a check. Choose one of either, pasta or bread, to save your calories for a nice dessert later.

### Know your weakness

We all have a soft corner for something sweet or salty. Whatever it is, set yourself a limit, and stick to it. For example, "I'm not going to eat more than one and half slice of chocolate cake today"!

**Goodwin Health and Wellness Centre,  
02 6175 5668.**



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